

## COMMODITY DISTRIBUTION Fact Sheet

**Name:** Oranges

**Product Description:**

All varieties should be firm, heavy for size, and have fine-textured skin. Skin color of a ripe orange ranges from orange to greenish-orange. Avoid product with soft spots, dull and faded coloring, or rough, grooved, or wrinkled skin.

**Peak Growing Season:**

December through June

**Uses:**

Best eaten out-of-hand (cut-up). Also, used in salads, desserts, and in main dishes. Can be used as a garnish.

**Preparation:**

Oranges should be washed and cut into wedges or slices to serve. Oranges can be peeled and cut-up for use in salads, desserts, etc.

**Storage:**

Oranges should be stored at 38 to 48 degrees Fahrenheit, with a relative humidity of 85 to 90 percent. Oranges should be stored in a well-ventilated area and off the floor for better air circulation. To prevent interior deterioration, keep refrigerated.

**Best if Used By:**

For best quality, refrigerate upon receipt for up to three weeks.

**Nutrition Facts:**

A medium-sized orange (154 g) provides:

Calories	70 Kcal	Iron	0.19 mg
Protein	1 g	Calcium	61.6 mg
Carbohydrate	21 g	Sodium	0 mg
Fat	0 g	Dietary Fiber	7 g
Saturated Fat	0 g	Vitamin A	28.6 Re
Cholesterol	0 mg	Vitamin C	88 mg

**Sources of Information:**

[www.dole5aday.com](http://www.dole5aday.com)

[www.produceoasis.com](http://www.produceoasis.com)

[www.pma.com](http://www.pma.com)

[www.floridajuce.com](http://www.floridajuce.com)

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